



STEPS TO INFANT FEEDING

INFANT 9-12 MONTHS

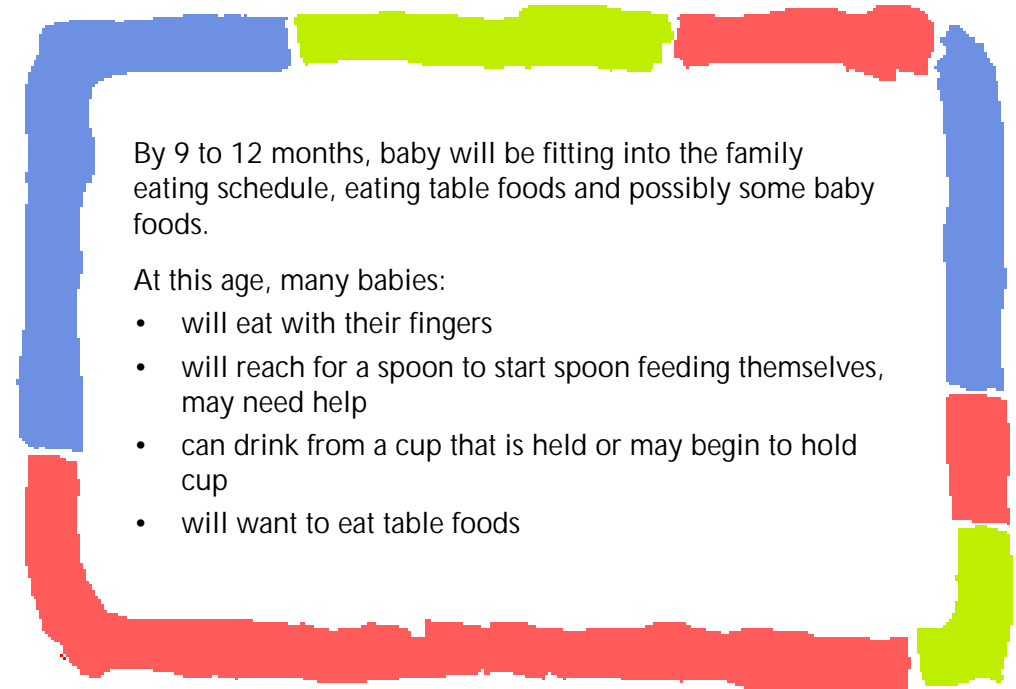


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South Dakota

DEPARTMENT OF HEALTH



By 9 to 12 months, baby will be fitting into the family eating schedule, eating table foods and possibly some baby foods.

At this age, many babies:

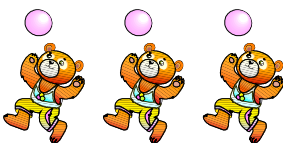
- will eat with their fingers
- will reach for a spoon to start spoon feeding themselves, may need help
- can drink from a cup that is held or may begin to hold cup
- will want to eat table foods

HELPFUL HINTS

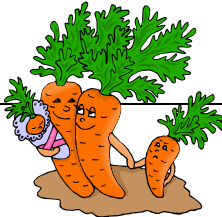
- ♥ A relaxed, pleasant atmosphere is an important part of feeding children of all ages.
- ♥ Offer more and more breast—milk or formula in the cup so baby begins weaning process from the breast or bottle.
- ♥ Baby will gradually move from baby foods to table foods as they are able to eat foods with more texture.
- ♥ Table foods should be soft and easy to chew.
- ♥ Always stay with baby when baby is eating.
- ♥ Baby's tummy is small so it is important to feed healthy foods first. Sweet foods and other foods like potato chips don't give baby what is needed for healthy eating.
- ♥ Pop, kool-aid, fruit punch, tea and coffee are not good drinks for baby.



Feeding Schedule: 9 – 12 Months



AGE	FOOD	DAILY AMOUNT
9-12 Months	BREAST-MILK OR Iron Fortified Formula Infant cereal Infant Juice	3 to 4 feedings, OR on demand OR 24 to 32 oz. Total per day 4-6 Tbsp. 4 oz. or ½ cup (from cup only)
9-10 Months 11-12 Months	Fruits	6 - 8 Tbsp. 8 Tbsp. or ½ cup
9-10 Months 11-12 Months	Vegetables	6 - 8 Tbsp. 8 Tbsp. or ½ cup
9-10 Months 11-12 Months	Meats	4 - 6 Tbsp. 8 Tbsp. Or 2 oz. Or ½ cup



Suggestions When Using Solid Foods

GRAIN PRODUCTS	MEAT
<ul style="list-style-type: none">♥ Offer infant cereal until one year of age. If refused, mix in with other foods in small amounts.♥ Grain products make good finger foods: crackers, dry WIC cereals, bread, noodles, mashed rice, soft tortilla pieces, toast, etc.♥ No need to add sugar or syrups to cereal,etc.	<ul style="list-style-type: none">♥ Offer pureed or finely chopped lean meat, poultry, cooked egg yolk, cheese, yogurt, mashed beans, or peas.♥ Limit use of fried meats, gravies, and sauces.♥ Avoid use of too many processed meats such as hot dogs, luncheon meats, bacon, and sausage. They are high in fat and salt and can cause choking.
FRUITS AND VEGETABLES	JUICE
<ul style="list-style-type: none">♥ Plain fruits and vegetables are best. No need to add salt, sugar, syrups, oil, butter or other fats or seasonings. Child learns to enjoy the flavor without these.♥ Never add honey to baby's foods, it can contain botulism spores which will make baby sick.♥ Be sure to remove seeds and pits.	<ul style="list-style-type: none">♥ Offer 100% juices, adult or infant.♥ Offer in cup, not bottle. Avoid offering pop, fruit punches, aides and drinks, gelatin water, coffee, or tea.♥ Be aware of juice serving size for age. Too much juice can affect baby's appetite and prevent baby from eating enough other foods.

PREVENT CHOKING

Choking is a major cause of fatal injury in infants. It can occur anytime, anywhere.

WAYS TO PREVENT CHOKING	FOODS THAT CAN CAUSE CHOKING
<ul style="list-style-type: none">♥ Feed small portions♥ Help infant eat slowly♥ Maintain a calm meal atmosphere♥ Watch while infant eats♥ Don't prop baby's bottle♥ Be sure bottle nipple holes are not too large♥ Offer solids when baby is ready, not too early♥ Don't offer food to infant who is crying, lying down, walking, talking, laughing or playing♥ Offer foods that are not too large or too small in size, too firm, too smooth, or too slick.♥ Foods should not be too hard or round in shape, sticky, or tough.	<ul style="list-style-type: none">♥ Tough meat♥ Hard candy♥ Popcorn, nuts, or seeds♥ Hot dogs or sausages♥ Marshmallows♥ Potato chips, corn chips, etc.♥ Large chunks of cheese♥ Whole kernel corn♥ Chewing gum♥ Uncooked raisins or other dried fruits♥ Fruit pieces that are hard or have pits♥ Whole fruits that are round, like grapes, cherries, berries♥ Whole canned fruit♥ Raw vegetable pieces♥ Fish or meat with bones

